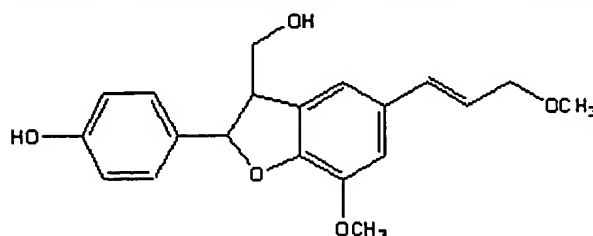


Claims

- [1] 1. A pharmaceutical composition comprising dehydrodiconiferyl alcohol of following chemical formula (1a) isolated from the extract of Cucurbitaceae family plant and the pharmacologically acceptable salt thereof having anti-adipogenic and anti-obesity activity as an active ingredient in an effective amount to treat and prevent obesity and adipogenesis-involved diseases.



(1a)

- [2] 2. The composition according to claim 1 wherein said Cucurbitaceae family plant is selected from pumpkin (*Cucurbita moschata* DUCH), water-melon (*Citrullus vulgaris* SCHRAD), sponge gourd (*Luffa cylindrical* L. ROEM), gourd (*Lagenaria siceraria* STANDL. var. *depressa* HERA), and cucumber (*Cucumis sativus* L).
- [3] 3. The composition according to claim 1 wherein said extract of Cucurbitaceae family plant is extracted from the stem or leaf thereof.
- [4] 4. The composition according to claim 1 wherein said obesity and adipogenesis-involved diseases comprises obesity, type II diabetes, steatosis, hyperlipemia, cardiovascular disease, and arteriosclerosis.
- [5] 5. A health care food comprising a dehydrodiconiferyl alcohol as set forth in claim 1 together with a sitologically acceptable additive for the prevention and alleviation of obesity and adipogenesis-involved diseases.
- [6] 6. The health care food according to claim 5 wherein said food is health care beverage.